



*Alexandria, VA*



## **2011 WAHOO SWIM TEAM PARENT'S RESOURCE GUIDE**

### **Wahoos Swim Team Contact Information**

Youth Sports Office - 703.746.5402

Chinquapin Park Recreation Center - 703.746.5553

Coach B: [dburstswim@aol.com](mailto:dburstswim@aol.com)

Coach Katherine: [katherinemcadoo@gmail.com](mailto:katherinemcadoo@gmail.com)

Coach Laura: [wgooff1950@aol.com](mailto:wgooff1950@aol.com)

Coach Yoana: [yoanamavrova@gmail.com](mailto:yoanamavrova@gmail.com)

Coach Paul: [salmonp@hsc.edu](mailto:salmonp@hsc.edu)

Coach Chris: [cb2851@gmail.com](mailto:cb2851@gmail.com)

Coach Carolyn:

Team Rep: Laura Fries: [lmfries@aol.com](mailto:lmfries@aol.com)

Aquatics Director: Ralph Baird: [ralph.baird@alexandriava.gov](mailto:ralph.baird@alexandriava.gov)

### **Sports Section Staff**

Mac Slover, Director of Sports - [Mac.Slover@alexandriava.gov](mailto:Mac.Slover@alexandriava.gov) -

Tamika Coleman, Youth Sports Supervisor - [Tamika.Coleman@alexandriava.gov](mailto:Tamika.Coleman@alexandriava.gov) -

Qiana Lawhorn, Recreation Leader - [Qiana.Lawhorn@alexandriava.gov](mailto:Qiana.Lawhorn@alexandriava.gov) -

### **Youth Sport Hotline Number**

In case of inclement weather, please call this number **703.746.5597**

Youth Sports Web Site at [www.alexandriava.gov/recreation](http://www.alexandriava.gov/recreation)

Visit us at our Website

<http://www.teamunify.com/Home.jsp?tabid=0&team=reccscwva>



## **And on Facebook at Chinquapin Wahoos!**

### **Who are the Chinquapin Wahoos?**

The Recreation Department Sports is a partner with the Chinquapin Park Recreation Center Aquatics Section in providing the Wahoo Swim Program staff support, enthusiasm, responsiveness, and involvement in the planning and implementation of the program.

The Wahoos swim team is part of the Colonial Swim League (CSL), which was founded in 1962 to sponsor competitive swimming among community swimming organizations in Northern Virginia.

The CSL currently consists of 24 swim teams divided into four divisions based on competitive strength. The Wahoos compete against other teams in the Gold division at Saturday "A" or dual meets. Wahoo swimmers also compete in "B" or developmental meets on Wednesday evenings. Some meets will be at our pool (home) and some will be at other pools (away).

### **Meet the Coaches**

#### **Dennis Burstein:**

Coach B is on the coaching staff for the Curl Burke Swim Club and has coached the Wahoos and T.C. Williams swim teams. He started coaching in 1973 as an assistant collegiate coach at SUC-Cortland in upstate NY. He has coached in Florida (started an age-group school team), Texas (USS, country club, and collegiate), Mexico City, and the Philippines and during the past 17 years in Virginia (HS, CCSDA, NVSL, and CSL). He resides in Alexandria with his wife and children.

#### **Katherine McAddo:**

Coach Katherine was born and raised in Alexandria and swam competitively for over 20 years, including all four years at T.C. Williams. She was the former VA high school state record holder in the 100 fly and an All American. During high school, she also swam for Curl Burke swim team. Katherine also qualified for the 2000 Olympic Trials in the 100 and 200 butterfly and attended the University of California at Berkeley on a swimming scholarship. In 2008 Katherine and her husband completed an Ironman triathlon and still continue to compete in running and triathlon races. She's coached for the Sea Devils, Hollin Hills, Pinewood Lake and most recently Dowden Terrace (Asst. Head Coach) and Curl Burke.

#### **Laura Goff:**

Laura began her swimming career at age 7, in 1999, as a member of the Alexandria Wahoos, under Coach Burstein. That year, her 8 and under girls team won their division! Laura was a Wahoo for 2 years until she joined the Highland Park Swim Team where she swam for 7 years and helped coach the winter sessions for 2 years. Laura swam for the US Swim Team, The Potomac Marlins for 9 years, and was an assistant coach for 4 years. She also swam for the US swim team Curl Burke for 2 years. As a member of the St. Stephens and St. Agnes varsity swim team for 4 years, Laura made states each year and was captain her senior year. Laura will be a sophomore at Ohio University in the fall where she will continue to participate on their club swim team, and major in Early Childhood Education. Laura is proficient in all four strokes, but is strongest in butterfly and breaststroke.



**Yoana Mavrova:**

Yoana Mavrova is a freshman at Old Dominion University studying Engineering. She is also on the ODU D1 Varsity Rowing team and a member of the ODU Swim Club. She's been involved with swimming for many years and spent 7 summers with the Wahoos. For 5 years, Yoana swam for the US team, Potomac Marlins, and for TC Williams. She's coached for Potomac Marlins minis and juniors as well as the Wahoos. Her favorite stroke is Fly and she loves coaching. Ready for another great season let's go Wahoos.

**Paul Salmon:**

Paul Salmon started swimming for the Wahoos at age 11. He swam for the Wahoos for 8 years and helped coach the team last year when his eligibility ran out. Paul also swam for the US swim team, Potomac Marlins, for 7 years. He was a member of the Bishop Ireton varsity swim team for 4 years, made states his senior year, and helped start the school water polo team. Paul will be a junior at Hampden-Sydney College where he swims recreationally, will be a co-captain on the club water polo team in the fall, and plans on majoring in government. Paul is proficient in all 4 strokes, but his two favorites are freestyle and backstroke.

**MISSION STATEMENT**

The mission of the Wahoos swim team is to encourage participation, fitness, health and the lifelong pursuit of excellence through competitive swimming.

**TEAM GOAL**

To produce athletes that will help to make the Wahoos a competitive team in the Colonial Swim League through skill development, values and work ethics which are consistent with a high performing swimmer and a well-rounded person. We strive to develop self-confident, goal-oriented team members, who will become productive adults with a lifelong love for the sport of swimming.

**PHILOSOPHY**

While "winning" can be important, learning to improve and striving to succeed are of greater importance as part of a positive competitive experience. We encourage everyone to be a part of a supportive team atmosphere where goals are set toward self-improvement and where helping our teammates become part of the nature of being a Wahoo.

**What do Swimmers Wear?**

Boys usually wear tight-fitting short racing suits or "jammers," which are a little longer. Girls wear one-piece suits. Some swimmers wear caps to control their hair. This also helps them to move through the water faster. Most swimmers also wear goggles to protect their eyes from the chemicals in the pool.

Wahoos will wear the Speedo Lazer Blast in Blue for the 2011 season. Please do not buy it in larger size. Racing suits are supposed to be snug. You do not have to buy a team swim suit but most kids want to look like the rest of the team. **Suits are purchased at the team meeting or at Sport Fair. 5010 Lee Highway Arlington, VA 22207 - (703) 524-9500.** Prices including tax are:



Male 22-28	\$32.81
Male 30-up	\$34.38
Female 22-24	\$53.28
Female 26-up	\$54.60

### **Swimmer Expectations**

The Wahos is not a swim lesson program. In order to qualify for the regular team, swimmers should be able to swim a length of the pool on their front and back. Wahos should feel comfortable in the water without an adult.

### **Parent Expectations**

Swim teams require a lot of volunteer time in order to run smoothly. Approximately 26 adult volunteers **per team** are needed at each meet. Families will be required to provide a volunteer for 4 meets each season. Families may be asked to volunteer at an A meet even if their swimmers is a B meet participant and vice versa. All families should volunteer at our **Time Trials on Saturday, June 11 8:00 a.m.—10 a.m. at Old Town Pool**. This does not count towards the 4 meet obligation.

### **Volunteer Job Descriptions**

#### **Referee, Starter, Stroke and Turn Judges**

The Referee is in charge of running the meet. You will hear the Ref blow the whistle to signal the swimmers. The Starter calls out the name of the race and starts the swimmers. The Ref and Starter together determine if there is a false start. Stroke and Turn Judges watch the swimmers to determine that they are swimming legally. These officials are required to complete a USA Swimming course, pass a test, and shadow experienced officials at at least 4 meets. Parents interested in becoming a Stroke and Turn Judge should attend training.

#### **Head Timer**

The Head Timer gives out the watches, gives a briefing before the meet on the correct procedure for timing, and assigns timers to lanes. The Head Timer also starts a pair of extra watches in case one of the timers misses the start or has a malfunctioning watch. The Referee checks with the Head Timer to make sure the timers are ready to start the race.

#### **Timers**

Each team provides 12 timers at every meet. Timers must time and record the swimmers in their lane

#### **Runners**

Runners bring time cards to timers and collect finished time cards along with any DQ slips to the computer operators.

#### **Computer Operators**

Computer operators are responsible for entering times and DQs into database and generating labels



for ribbons and meet results. Interested volunteers must complete computer training at the beginning of the season.

### **Ribbons**

Get labels from computer operators and put on appropriate ribbons for the Wahoos. File ribbons into family folders.

### **Concession stand**

Help set up, sell food and clean up.

### **Clerk of Course**

During A meets, line up swimmers in their lanes according to the meet sheet. At B meets, must assign swimmers to their lanes, mixing up home and visiting swimmers with heats proceeding from slowest to fastest times.

### **Meet Set Up**

Put up team tent before meet; make sure chairs are set for clerk of course home recyclables from meets and socials for proper disposal.

### **Meet Clean Up**

Help return chairs to original position, take down team tent and store; pick up trash from deck; home recyclables from meets and socials for proper disposal

**Pool Marshall:** Making sure volunteers and swimmers are present; no one is too close to the edge or sticking hands and toes in the pool (this could get us disqualified).

**\*Time scorer:** reading names and times to our computer people

### **Registration**

Registration Deadline Date is **May 27**. Registrations that are received after May 27 will be assessed a \$10.00 late fee. Registrations can be made online through the Web track system. The code is **130150-01** for the Wahoos Swim Team for the first child. Those that have multiple children must come to the Chinguapin Park Center at 3210 King Street or Lee Center – Sports Office at 1108 Jefferson Street, to register them. Any checks or money orders must be made out to the City of Alexandria. Registration forms with payment can also be dropped off at the Sports Office at 1108 Jefferson Street, Alexandria, Virginia 22314 or Chinguapin Park Recreation Center, 3210 King Street, 22302.

For more information, contact the Sports Office at 703.746.5402 or Chinguapin 703.746.5436 or the Youth Sports web site at [www.alexandriava.gov/recreation](http://www.alexandriava.gov/recreation).

### **Team Outfitting**

Swimmers will receive a t-shirt (at the Time Trials) and cap (at the first A meet), but cost of the team suit is not included in your registration fees.



## **Swim Practice**

Practices for the participants begins May 30 at Chinguapin from 5:15 - 6:15 p.m. Monday - Thursday.

Beginning June 27, the participants will have the option of practicing at Chinguapin Center from 7:15 a.m. - 9:15 a.m. Monday through Friday or in the afternoons at Old Town Pool on Mondays, Tuesdays and Thursdays from 5:15 - 6:15 p.m.

## **General Practice Rules**

**Arrive on time, have cap and goggles on and be ready at the start time.** Caps are strongly recommended for those with long hair. Just as at school, the coach is the teacher. Please leave coaching to the coaches. **Should you need to speak with the coach, please do so after practice or by e-mail--the preferred method of communication.**

## **Cancellations**

In the event of light rain, practices will proceed. If thunder is heard or lightning sighted everyone is required to clear the deck until 30 minutes after the last clap of thunder or flash of lightning. Call the **Youth Sports hotline for recorded updates 703.746.5597.**

## **Family Folders**

The coaches and team reps communicate primarily through e-mails and through our Website. We will also distribute information and ribbons in the family folders. Swimmers will have their folders in containers in the office of Old Town Pool.

## **Fun Team Activities**

### **Kings Dominion Day, Monday, July 18**

Each year the Wahoos participate in the CSL sponsored Kings Dominion Day. Interested families can order discount tickets for \$29.00 through the CSL at [www.kingsdominio.com](http://www.kingsdominio.com). Click on tickets, then corporate partner. Company ID is SWIMDAYS. Designated Wahoo day is Monday July 18, although Wahoos can purchase tickets for any days between July 9 and July 24 at this price. See flyer for more information.

### **Team pictures, Saturday, June 17 at 6 p.m. at Old Town Pool**

A group photo is taken, followed by individual photos, if desired. All swimmers must wear the team suit and/or the team t-shirt, which will be given out on picture day.

### **Socials, Friday nights before all A Meets (June 17, June 24, July 1, July 8, July 15) at 6 p.m. at Old Town Pool**

Friday night socials are a great way for parents and kids to get to know each other, talk with the coaches and just generally have fun. Anyone interested in becoming the socials coordinator, please contact the Team Rep.

### **Wahoos End-of-Year Banquet at Old Town Pool Friday July 22 at 6 p.m.**



There is food, fun, and trophies for all swimmers. Individual end of season awards include most improved, best in age group and the Brian Henry Schutzius Memorial Sportsmanship Award given to the Wahoo that displays the best team spirit and sportsmanship throughout the season.

## **Time Trials and Meets**

### **Time Trials, Saturday, June 11, 8 a.m.**

Time trials are set up like a meet with each swimmer competing in all 4 strokes. This gives coaches a baseline to measure progress as well as help decide which swimmers will represent the team at the A meets. The Wahoos will hold Time Trials on June 11 at 8 a.m. Time trials also help familiarize new swimmers and volunteers with how a meet runs. All families are expected to help at the time trial their swimmers attend. This does not count towards your volunteer commitment.

### **Saturday "A" or Dual Meets June 18, June 25, July 2, July 9, July 16**

A meets are dual competitions against teams in our division. These meets are held on five Saturday mornings. At an A meet there is one heat in each event. Each event includes three swimmers from each team. The coaches decide which swimmers will be entered in each event. Generally, it is the three swimmers who have the best time in that stroke.

The list of the A meet swimmers will be e-mailed no later than Friday morning the day before the meet. Please check the list each week and if your swimmer is entered, but you can't make the meet, please let the coach or team rep know immediately. It is imperative that the coach know if a swimmer is unable to attend so an alternate swimmer can be notified. After the scored portion of the meet, swimmers will often be allowed to swim IM.

### **Wednesday "B" or Developmental Meets June 22, June 29, July 6, July 13**

B Meets are non-scored swim meets held on Wednesday evenings. B meets provide opportunities for swimmers who do not qualify for Saturday meets to improve their strokes and times. There are usually multiple heats of each event and these meets can be very long.

At B meets no team scores are kept and no team winner is determined. A swimmer who swam in an event at the previous Saturday meet cannot swim that event at the following B meet

### **CSL Relay Carnival Sunday, July 10, 7 a.m at Sugarland Run**

The Colonial Swim League Relay Carnival is a meet held on a Sunday midway through the season. This is a team event – no individual events are swum. Swimmers are selected to swim in this event based on the best times, the coaches' discretion and strategy for maximum performance at the meet.

### **Divisional Qualification Meet Saturday, July 23 at 7 a.m. at AKC**

The Saturday following the last A meet, a Divisional swim meet is held by each of the four divisions to determine who will compete at the All-Star Meet. Each team may select 3 swimmers in the 5 individual events (free, back, breast, fly and IM). A swimmer may swim in a maximum of 3 events at





this meet. Swimmers are selected based on the best times. No relay events are swum. The division awards trophies to the top scoring team in each age/gender group. These trophies are awarded at the divisional meet. The winners are determined at the end of the regular season. The division winning team also receives a trophy at divisionals.

### **All-Star Meet Saturday, July 30, 7 a.m. at Countryside**

The Saturday following the Divisional meet, the league holds a meet where the top 12 swimmers in the league in each event compete. This is the final meet of the season. All swimmers are awarded medals at this meet.

### **Meet Protocol**

***Swimmers must arrive at least 10 minutes before the scheduled warm-up time. They should report directly to the team area. At A meets there will be a check-in table, where swimmers and volunteers must check in.***

**We ask that swimmers stay in the team area. Good sportsmanship must be practiced at all times.**

At B meets, swimmers may leave after finishing their events, **however, volunteers are required to finish their shifts.** At A meets, participating swimmers are expected to stay until the end of the meet to cheer for their team.

### **Swim Strokes and Age Groups**

Swimmers will be learning and competing in freestyle, backstroke, breaststroke, butterfly and Individual Medley (IM), which is 25 meters of each stroke in this order: butterfly, backstroke, breaststroke, freestyle. 8-and-under swimmers will swim 25 meter distances in all strokes.

9 -10 swimmers swim 50 meters in freestyle, backstroke, and breaststroke, but 25 meters in butterfly. 11-12, 13-14, and 15-18 swimmers swim 50 meter distances in the individual strokes.

Relays are swum at A meets and at Relay Carnival. 8-and-unders and 9-10s swim a 100 meter medley relay (25m of back, breast, fly, free in that order) 11-12s, 13-14s, and 15 – 18s swim a 200 meter medley relay. Following the Medley Relays are the 2 Mixed Age Freestyle Relays. First, one boy from each age group, 9 and older, swims 50m of freestyle in a relay, then the girls do the same. The age order is up to the coach. At Relay Carnival, in addition to the normal medley relays, there are freestyle relays in each age group made up of 2 girls and 2 boys. Finally, there are the mixed age, mixed gender medley relays.

### **Disqualifications ( D.Q.s) and False Starts**

At each A and B meet there are at least 4 Stroke and Turn Judges who are watching the swimmers to be sure that they are performing the stroke legally. If a judge sees a violation of a rule, they will raise one hand and fill out a Disqualification or DQ slip. The Referee will ask the Judge questions and either accept or reject the DQ. Once a DQ has been signed by the Judge and Referee, the coach and the computer people receive a copy. The swimmer will receive a "Participation" ribbon if they DQ at a B





meet, but they will not receive an official time. A swimmer may receive a "Heat Winner" ribbon at a B meet even if he or she DQs because the volunteers giving out those ribbons cannot be expected to find out about all DQs. At an A meet, a DQ means that the swim does not qualify for a time, a ribbon, or points for the team.

A false start is when a swimmer enters the water before the light and sound go off to start the race. False starts are rarely charged to swimmers during summer league swimming, however if a swimmer is charged with two, they will be DQd.

### **Cancellation of a meet**

If a B meet is interrupted by thunder, it can be made up at the discretion of the team reps. We have make-up dates for home B meets the following evenings. B meets sometimes take quite long and may have to be called before all events have swum.

### **Parking at home meets**

The Wahoos give up our parking lot to all visiting teams. We ask our families behind Jefferson Houston Elementary school instead of the pool parking lot.

### **Helpful Swim Meet Tips**

1. Have your swimmer arrive wearing their team suit, with cap, goggles, and towels. Swimmers can bring games to play while waiting for their events.
2. Swimmers need to report directly to the Wahoo team area. Swimmers need to remain in the team area during the swim meet. This ensures that the coaches can locate them and get them to their events in a timely manner.
3. When a swimmer's event is posted, a coach will distribute event cards to those swimming.
4. Once the swimmer has their card, they will proceed to the Clerk of Course.
5. The volunteers in the Clerk of Course area will put swimmers in order. When we are swimming another team, lanes will typically alternate home and visiting swimmers.
6. A volunteer will then walk each heat of six swimmers, in lane order, to chairs directly behind their assigned lane.
7. Swimmers will sit behind their lane and move forward as the heats in front of them swim.
8. When the swimmer's heat is called by the official, the swimmer will come up to the edge of the pool for the start.
9. When a swimmer completes their race, they should remain in the water until the last swimmer in their heat touches the wall. It is good sportsmanship to shake hands with the swimmers on either side and say something like "good race". Once the last swimmer has touched, swimmers should exit the pool.
10. Swimmers may ask timers for their time.
11. Swimmers can touch base with their parents and then proceed back to the team area.

### **How is summer swim team different from year-round swim teams?**

Summer swim team is a fun, community activity. While year-round swimmers train with swimmers from all over the area, the majority of Wahoos swimmers live in the City of Alexandria. Joining the



Wahoos is a great opportunity for kids from all of the different elementary schools to get to know each other. When they come together at the public schools in middle and high school, they'll already know some familiar faces.

A year-round swim team offers training in fairly small groups with swimmers of the same skill level. Summer swim teams provide coaching to large groups of swimmers with widely varying skill levels.

Fun is a crucial part of summer swim team. The coaches work hard to help swimmers improve and they also incorporate games into many practices.

### **Attendance Policy:**

Swimmers must attend at least 3 practices during the week (2 if they swim on a year-round team) in order to qualify to swim at that Saturday's meet. If a swimmer has a conflict, he or she should talk to the coach.

### **Fuel for Swimmers**

Swimming is hard work. Swimmers use their arms, legs and torso to move through the water. To get the energy they need, swimmers should eat healthy foods. Experts in nutrition at USA Swimming offered tips about which foods and drinks help provide the energy to swim well.

Drink water or sports drinks early and often during practice, about every 15 minutes. Without fluids, your body can't work as well.

Healthy foods supply the body with energy. These foods include:

- \*Carbohydrates: Bread, pasta, cereal. Pancakes are a good pre-meet breakfast.

- \*Protein: Peanut butter, lean meat

- \*Healthy fats: olive oil, nuts fish

Avoid carbonated drinks such as soda; they make you feel bloated or blow up

Avoid drinks with caffeine; they cause your body to lose fluid

### **Taking chlorine out of hair and suits.**

The green is copper from the pool water, put there to limit algae growth. The chlorine in the water causes oxidation of the copper, turning it and the hair green and fade swim suits.

For Hair: Malibu 2000, Paul Mitchell Shampoo THREE, Joico KPAK Clarifying Shampoo, Ultraswim and Redken Chemistry Shampoo are clarifying shampoos that work well.

Tomato paste through the hair and let sit there for at least 30 minutes, then rinse it out. You can also add 1 tbl. baking soda with regular shampoo leave it in at least 30 seconds (mix baking soda into shampoo just before you use it) and a good conditioner. Don't use it everyday, because it will dry out your hair.

Use a good silicone conditioner BEFORE exposing your hair to chlorinated pool water. That will prevent your hair from absorbing so much chlorine and will mitigate the nasty side effects.

For Suits:

According to Good Housekeeping, you can use chlorine remover which is available at pet stores. Add a drop to a gallon of cool water and swish your suit.



Soak your suit in a sink of very cool water with 2 tablespoons of vinegar because it's a good general neutralizer.

Buy a bottle of Chlor-Out and give it a try. Although it's designed for aquariums, many swimmers swear by this stuff.

**Tips to keep your suit in top shape:**

- \*Wear your team suit at meets only. Have a back up suit for practices and recreational swimming.
- \*Splurge on Suit Saver which contains an antioxidant that binds the chlorine so it doesn't fade
- \*Wash the swimsuit by hand with a mild soap after every use. Plain water does not remove the chlorine or salt water.
- \*Never wash your suit in a washing machine; Do not dry your swimsuit in the sun or in a dryer.
- \*Alternate swimsuits
- \*Be careful where you sit, lay, and lean, avoid hot tubs
- \*Swim suit exchange: If your kids grow out of a suit, bring in your old swim suit to swap with someone else who can use it.

**Directions to Away Meets:**

**Sugarland Run Dolphins (A Meet, Saturday, July 2 at 7 a.m.; Relay Carnival, Sunday, July 18, 7 a.m.)**

**200 Greenfield Court**

**Sterling, VA 20164**

*Take 495 West to Route 7 toward Tysons Corner/Leesburg.*

*Follow Route 7 for approximately 10 miles.*

*Turn right at Potomac View Road, 637 North*

*Turn right at Sugarland Run Drive*

**Saratoga (B Meet Wednesday, July 6, 5 p.m)**

**8070 Edinburgh Drive**

**Springfield, VA 22153**

*I-395 S becomes I-95 S.*

*Merge onto BACKLICK RD/VA-617 S via exit number 167 toward FULLERTON RD.1.3 miles*

*BACKLICK RD/VA-617 S becomes ALBAN RD/VA-790 S.1.2 miles*

*Turn RIGHT onto Rolling Road.*

*Turn LEFT onto EDINBURGH DR.0.2 miles*

*End at 8070 Edinburgh Dr Springfield VA*

**Chase Club (A Meet, Saturday, July 9, 7 a.m.)**

**5492 Ashleigh Rd**

**Fairfax, VA 22030**

*Take 495 toward Tysons Corner; exit on Braddock Road WEST exit, EXIT 54B. Travel 10.2 miles; Turn Right on Blythwood to Enter Hampton Chase Turn right on Ashleigh Pool is immediately on the left*



**Arlington Knights of Columbus (Divisionals, Saturday, July 24, 7 a.m.)**

**5115 Little Falls Road**

**Arlington, VA 22207-1899**

*Take King or Seminary Street to George Mason Drive (past Walter Reed, which is what Beauregard becomes when it crosses King) Right on George Mason and follow it about 5-6 miles. You'll past Virginia Hospital Center and you'll cross Lee Highway. Left on Yorktown Blvd. Right on Little Falls Road. Pool is on left at top of hill. Taking the Glebe Road this time of day is extremely frustrating because of rush hour traffic and a traffic light at almost every corner.*

**Countryside (All-Stars Meet, Saturday, July 30; 7 a.m.)**

**46020 Algonkian Parkway**

**Sterling, VA 20165**

*Merge onto I-495 W/CAPITAL BELTWAY toward RICHMOND.*

*Merge onto VA-267 W via EXIT 45 on the LEFT toward DULLES AIRPORT (Portions toll).*

*Merge onto LEESBURG PIKE/VA-7 W via EXIT 16 toward LEESBURG. Turn SLIGHT RIGHT onto ramp*

*Turn SLIGHT RIGHT onto HOLLY KNOLL DR.*

*HOLLY KNOLL DR becomes ALGONKIAN PKWY.*

*End at 46020 Algonkian Pkwy Sterling, VA 20165*

*Estimated Time: 45 minutes Estimated Distance: 33.83 miles*

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